

# Living with Osteoporosis



Photo courtesy of [www.cdc.gov](http://www.cdc.gov)

## FACTS:

- 1 in 3 women & 1 in 5 men aged 50 years or older will suffer a fracture due to osteoporosis
- More likely to break bones in the hip, forearm, wrist and spine
- Loss of muscle strength increases tendency to fall

## Risk Factors:

- Physical inactivity
- Smoking
- Low dietary calcium intake
- Low levels of vitamin D
- Long-term use of some medications (corticosteroids, thyroid medications, epilepsy medications)
- Deficiency of estrogen in women

Don't wait until you have a broken bone to take steps to improve your bone health – you can start at any age!

Physical therapists can help you take steps to prevent falls by creating an exercise program to improve balance and leg strength.

# How to Limit Risk Factors, Feel Confident & Safe:

## Nutrition Impact

Enjoy Foods that are high in:

- Calcium such as yogurt, canned sardines and salmon
- Magnesium such as spinach, beets, okra, and sweet potatoes

- Vitamin C such as red and green peppers, oranges, grapefruit and strawberries

\*Avoid foods that increase calcium loss such as red meats, salt, and soft drinks

## The Importance of Physical Activity

- Weight-bearing exercise is key! This can be high-impact exercise or low impact exercise.
- High-impact exercises are dancing, hiking, jogging/running, jumping rope, or tennis.
- Low-impact exercises are using elliptical training machines, using stair-step machines, fast walking on a treadmill or outside, and muscle-strengthening exercises.
- A physical therapist can help you learn which exercises are safe and appropriate for you.



<https://thecaribbeancamera.com/senior-men-need-bone-density-tests/>

## Prevention & Precautions

- Minimize Caffeine and Alcohol Intake
- Don't Smoke
- Get an Annual Eye Exam, and be sure to update your eyeglasses if necessary
- Make Your Home Safer by getting rid of things you could trip over and make sure your home has lots of light to see your walking path

### References:

Does Osteoporosis Run in Your Family? Retrieved September 29, 2019, from [https://www.cdc.gov/genomics/disease/osteoporosis.htm?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fosteoporosis%2Findex.html](https://www.cdc.gov/genomics/disease/osteoporosis.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fosteoporosis%2Findex.html)

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